

# Easy Bath Tea Bags

Bath tea bags or bath sachets are fun to make and a great way to give yourself some TLC or easy-to-make gifts.

Flower petals and herbs floating in the tub are pretty, but messy to clean up and clog the drain. That's where bath tea bags come to the rescue. The warmth of the bath water increases the release of fragrant flowers and herbs.

The easiest way is to toss some traditional drinking commercial tea bags into the bath. A few to consider are green tea, chamomile tea, mint, ginger, rose hip—get creative!

Next, turn to your garden for flowers and herbs, the forest, spice shelf, pantry, or fruit bowl. Collect what you find. Dried or fresh both work:



Use the following singularly or a few of these in combination:

- Orange peel, lemon, or grapefruit
- Oatmeal, grated fresh ginger, seaweed
- Cinnamon sticks, clove buds
- Pine needles, eucalyptus leaves
- Mint, sage, rosemary, marjoram, thyme, lemon balm, lemon verbena
- Rose petals (or hips), lavender, chamomile, marigold, lilac, violets, carnations, Hibiscus, any fragrant flower will work.
- Essential oils drops- about 6 per bag

Lastly, close them up into a commercially made muslin or organza bag with tie strings (reusable), or cheesecloth. Circles of cut cloth fabric also work. Use a string or twist tie to gather up and tie. Sewing a flat "pillow" shape also works, or even a dryer fabric softener sheet with staples. Enjoy the fragrance and breathe well!

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